

"Molten Lava" Salsa

Makes: 12 or 48 servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Black beans, canned or cooked from dry		3 cups		12 cups
Milk salsa		2 cups		8 cups
Whole grain pita wedges, crackers for dipping		1/4 cup		1 cup
Vegetables for dipping		3/4 cup		3 cups

Directions

1. Purée beans with salsa.
2. Serve with whole grain pita wedges, whole grain crackers or vegetables for dipping.

Notes

Serving Tips:

Salsa is a healthy snack for any time of day. Salsa can also be a topper for potatoes, fish or chicken.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	67	
Total Fat	NA	
Protein	4 g	
Carbohydrates	12 g	
Dietary Fiber	4 g	
Saturated Fat	NA	
Sodium	226 mg	